Greater Manchester SEN Primary Panathlon – 18 March 2020

Key Stage 1 and KS2

Dear All,

We www.panathlon,com are working with Paul Schofield , Manchester PE Association Partnership Development Manager and we are holding a ***Primary Panathlon* day** for key stage 1 and 2 (SEN Primary age) on the 18th March 2020.

Re the day - see Risk Assessment provided and an overview of the day as you scroll down this document

1. Please read overview, the rules so you are aware of the kind of activities you will do.
2. Parents can attend
3. Please confirm attendance by emailing Rebecca Robinson Rebecca.Robinson@salfordcity-academy.org and Tony Waymouth, tony@panathlon.com
4. Entries will be one a first received basis until we are full
5. 8 teams is the maximum

Venue – Sports City

Address: Eastlands Athletics Stadium, Gate 13, Rowsley Street, Manchester, M11 3FF

Overview

Primary Panathlon will feature a maximum of 8 teams competing across the kind of activities described below. All activity is inside the Sports Hall at Sportcity.

Teams

Eligibility – any child on the SEN register (other than Emotional and Behavioural children who would disrupt an event and PMLD children).

So, teams can include MLD, SLD, Deaf, Hearing Impaired, Physically Impaired and Autistic children. All children will receive a medal, certificate and the winning team a trophy.

Panathlon will also supply shirts for the teams on the day.

Structure

Teams should consist of 5-8 young people (KS1 and KS2) .

School teams will stay together throughout all the activity rotations and collect team points.

We would aim to start as close to 11am depending on teams arriving (arrival around 10.30am please) and aim to finish by 1.30pm

Due to the time restrictions on the day - once the rotations have been complete a short break will occur followed by team presentations.

Purpose:

1. To help address issues identified such as Teacher Training Opportunities, a holistic approach to new activities, dealing with Obesity concerns and Skill development in Primary age disabled children.
2. To provide the Primary Aged Disabled children early exposure of the Panathlon concept, using a skill based approach from within the Panathlon sports, but retaining a competitive

Results: All students (regardless of final placings) will receive a Panathlon medal.

Other info: Please ensure one member of staff who attends with the team is first aid trained, but please note the hosting venue will also have first aid personnel on site.

- **Food and Drink:** schools may bring their own lunch packs / we will do a 35 minute session of activity , a 5 minute break – enabling some snack and drink , then a 35 minute session , followed by break, then some relays/presentations and finish at around 1.30pm

Primary Panathlon

Overview – Activity examples (may vary on the day)

Flight Path

- One competitor throws at a time and the rotational order must be the same throughout the activity.

- Competitors throw Velcro balls from different distances marked by a line. (See diagram yellow, blue, red, green). Wheelchair uses can throw from the first line.

- Throwers need to hit the same target colour as the corresponding line. (Throw from blue line = aim at blue target area)

- 4 throws each (one throw from each line) then the next competitor throws

- Points are awarded every time the ball hits or sticks to the correct target colour.

- 4 points for yellow, 3 points blue, 2 points red, 1 point for green.

- Individual points are added together for a team score. In the event of a tie at the end of the competition- the number of bullseyes (yellow colour) will break the tie.

Boccia Blast

- All competitors must be sat on chairs (8 in total) in a line with the boccia balls on the floor in front of each player (8 balls)

- Team players take it in turns (seated) to throw a boccia ball at a ball in a hoop, target area or skittles to score. The referee will indicate whose turn it is by using a paddle. (Blue/Red)
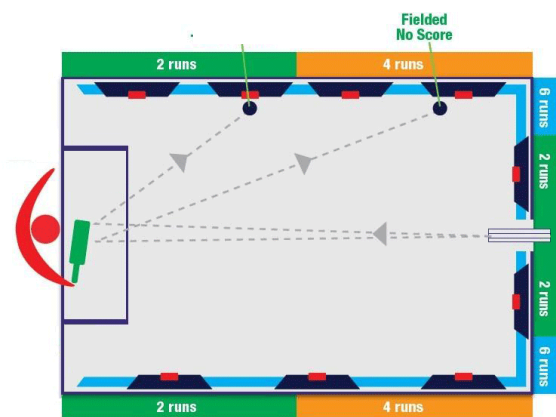

Scoring

- 1 point if the ball is knocked out of the near hoop.

- 2 points if boccia ball lands and remains in a hoop further from the throw line.

- 3 points if a skittle is knocked over. Note this is not replaced until all the players have thrown in the end.

- The targets are set up in the shape of a triangle- 1 hoop at the front with the ball (1 point) 2 hoops in the middle (2 points) 2 skittles at the back (3 points).

- Once the end has finished (all the players have thrown their ball) the team players retrieve the team's boccia balls and the referee will start the game (end) again.

- The team's best 'end' score is taken as their final score. In the event of a tie at the end of the competition, the team's second-best score will break the tie.

Table Cricket

- Involves 2 competitors at a time, 1 batter and 1 bowler. The rotational order must be the same throughout the activity.

- Other team members stand around the outside of the table and rotate clockwise around the table, in turn, becoming batter and bowler.

- Each student has 4 bats (or 4 bowls) before rotating around the table.

- Bowler rolls the ball down the ramp and then batter hits the ball against the side of the table aiming for the scoring targets 6, 4 and 2, accumulating runs.

- If a player misses the ball, they score 0

- If ball is hit off the table there is a 5 run penalty (-5).

- If they hit the ball to a fielder tab, they score 0 runs.

New Age Kurling

- One competitor delivers at a time and the rotational order must be the same throughout the activity

- Each competitor has three stones to score as many points as they can - competitors slide kurling stones onto the scoring target.

- Competitors slide the stones from a marked area which is 2m away from the target area. This can be varied, depending upon floor surface.

- A different coloured stone is placed at the right corner of the mat. If this is hit and the stone comes to rest on a scoring area the points are doubled.

- A competitor's score is taken after the third delivery by calculating the points of the stones on the scoring areas

- The team's score is calculated by adding the lowest score and the highest score together. In the event of a tie and the end of the competition the next highest and lowest scores (added) will break the tie.

Precision Beanbag

- 1 player is seated in a chair at the edge of the mat. The rotational order must be the same throughout the activity.

- Scoring in 7 areas (12,10, 8, 6, 4, 2, 1)

- 5 beanbags to throw.

- To score, each beanbag must finish in a different target area e.g. (if 2 beanbags are thrown into the same box, only one counts)

- The score is taken from where the beanbag first lands not its finishing position. Unless it finishes out of the scoring box then the score will be 0. e.g. (bean bag hits 12 then slides off the mat-score=0)

- The team's score is calculated by adding the lowest score and the highest score. In the event of a tie and the end of the competition the next highest and lowest scores (added) will break the tie.
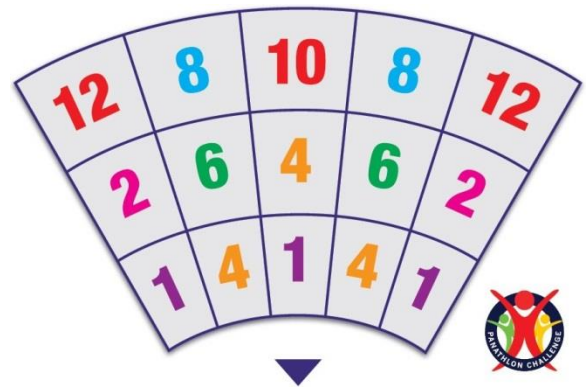
Ten Pin Topple

- The objective is to knock down as many pins (skittles) as possible in the 7 minutes.

- The 10 pins (skittles) are placed in a straight-line formation, parallel to the delivery line.

3 metres

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Safe area

Collection area

- The rotational order must be the same throughout the activity. Competitors are placed in a safe area in a single line. Player 1 bowls the ball underarm from behind the delivery line. If one of the pins is hit (only one can be picked up per go) they collect it from the official and place it in the pin collection area before returning to the back of the queue. Player 2…etc

- Once all the pins have been knocked down the pin formation is replaced. A large cone is placed in the collection area to signify a score of ten. The team's score is calculated by adding the number of large cones (which equals 10 per cone) plus the number of additional pins left in the collection area after 7 minutes.

Harlem Hoops

- The rotational order must be the same throughout the activity. Competitors are placed behind a single line.

- Player 1 initially shoots the ball from line 1 and has a total of 3 shots.

Scoring

- A basket scored from the first line scores 1 point.

- A basket scored from the second line scores 2 points.

- A basket scored from the third line scores 3 points

- If a basket is scored from line 1 move back to the next line (line 2) – if the shot is missed remain at line 1.

- If the shot from line 2 is made move to line 3. If the shot is missed stay at line 2.

- After three shots, the next player has their go.

3 – 2.5m

2– 1.75m

1 – 1m
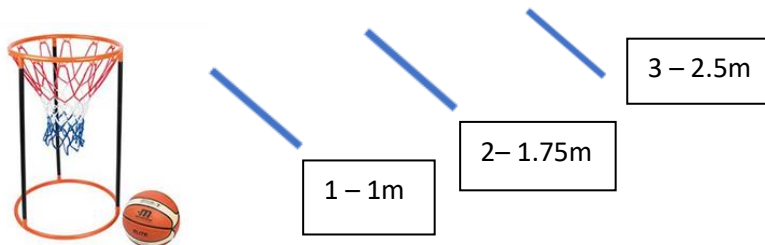
The team's total score is the number of points scored after 7 minutes. In the event of a tie at the end of the competition the deciding factor will be the number of 3 points scored, followed by the number of 2 points if required.

Parachute Popcorn

- Competitors stand spread out around the outside of the parachute lifting the parachute up which contain six blue, red, yellow and green playballs – 24 in total

- When the parachute is shaken the balls fly off the parachute, the official will collect the parachute in, then say **'GO'** which starts the stopwatch indicating for the competitors to start collecting the balls ensuring that they are placed in the corresponding coloured collector. The stopwatch will stop when all the balls have been collected.

- Competitors are only allowed to pick up one ball at a time to take it to the collector.

- The teams time is recorded when 24 balls are placed in the correct coloured collectors e.g. 6 red/6 blue/6 yellow/6 green. Teams may have as many attempts within the 7 minutes, to achieve their best time. The best time is then recorded. (A minimum of 2 timed results must be recorded).

- In the event of a tie after all the rounds the second-best time will break the tie.

Messi Football

- Dribble the ball through the blue cones and then through red cones (either right or left side is fine).
- Once through the red cones, the student may shoot the ball at the goal.
- Every goal is recorded for the team.
- Wheelchair users may hold the ball in hands and throw rather than kick.